



# **BH FITNESS X8 ELLIPTICAL**

## **OWNER'S MANUAL**

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## **INTRODUCTION**

**C**ongratulations for selecting the X8 Elliptical as a fitness resource. The BH Fitness Elliptical offers many exercise programs that benefit users of all levels and ages. The X8 is designed to make your workouts more effective and enjoyable.

Please read this manual carefully before using the X8. This will allow you to get a full understanding of all the features the BH Fitness Elliptical provides. If you have questions or concerns, please contact BH FITNESS or any authorized BH FITNESS distributors in your area.

## **BEFORE YOU BEGIN**

It is very important to become familiar with the frequently used components of your X8.





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## **SECTION 1**

# **IMPORTANT SAFETY INSTRUCTIONS**

Read all instructions before using the elliptical.

### **User Safety**

1. Users should pass a full medical examination before they begin an exercise program. Work at the recommended exercise level. Do not over exert yourself. If you feel any pain or discomfort, stop exercising immediately and consult your doctor.
2. Before exercising calculate your maximum heart rate using the formula on page 31.
3. Do warm up stretching exercises before using the unit.
4. Verify that all of the parts are attached and that the nuts, bolts, pedals and bar are correctly tightened before use. Verify that there are not any cracks or sharp edges.
5. Do not wear loose clothing or high heels. Tie up shoe laces.
6. The maximum weight of a user is 375 pounds (170 Kg).
7. Keep hands away from moving parts.
8. Supervise children, invalids or disabled persons at all times. Children are curious and vulnerable to accidents. Do not use the unit as a toy. Disabled people should not use the exercise equipment without the assistance of a qualified person or doctor. Keep pets away from unit.
9. The owner is responsible for explaining safety instructions to each user.
10. The unit can only be used by one person at a time.

### **Unit Safety**

1. For safety, maintain a minimum clearance around the unit. Maintain 18 inches on the front and on each side of the unit plus 24 inches at the rear of the unit.
2. Install and use the unit on a flat, stable surface, with some type of protection for the floor or carpet. Do not place it alongside walls or furniture. Check the unit before each use.
3. Please read all of the instructions before assembling or using this unit.
4. Do not place sharp objects near the exercise equipment.
5. Do not use the exercise equipment if it is not working correctly.
6. Do not lean against the computer console.

## **IMPORTANT SAFETY INSTRUCTIONS CONTINUED**

**WARNING:** To reduce the risk of fire, electric shock, injury to persons or inflicting the harm of a burn:

7. Remove the batteries before adding or removing parts.
8. Do not operate the unit under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, injury to persons or inflict the harm of a burn.
9. Use the unit only as described in this manual. Only use attachments recommended by the manufacturer.
10. Do not operate this unit if it is not working properly. Do not operate this unit if it has been dropped or damaged. Do not operate this unit if it has been immersed into water. Return the unit to a service center for examination and repair.
11. Never operate the unit when the air openings are blocked. Keep the air openings free of lint, hair and the like.
12. Do not drop or insert any objects into any openings.
13. Do not use outdoors or near water.
14. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

## **POWER SUPPLY**

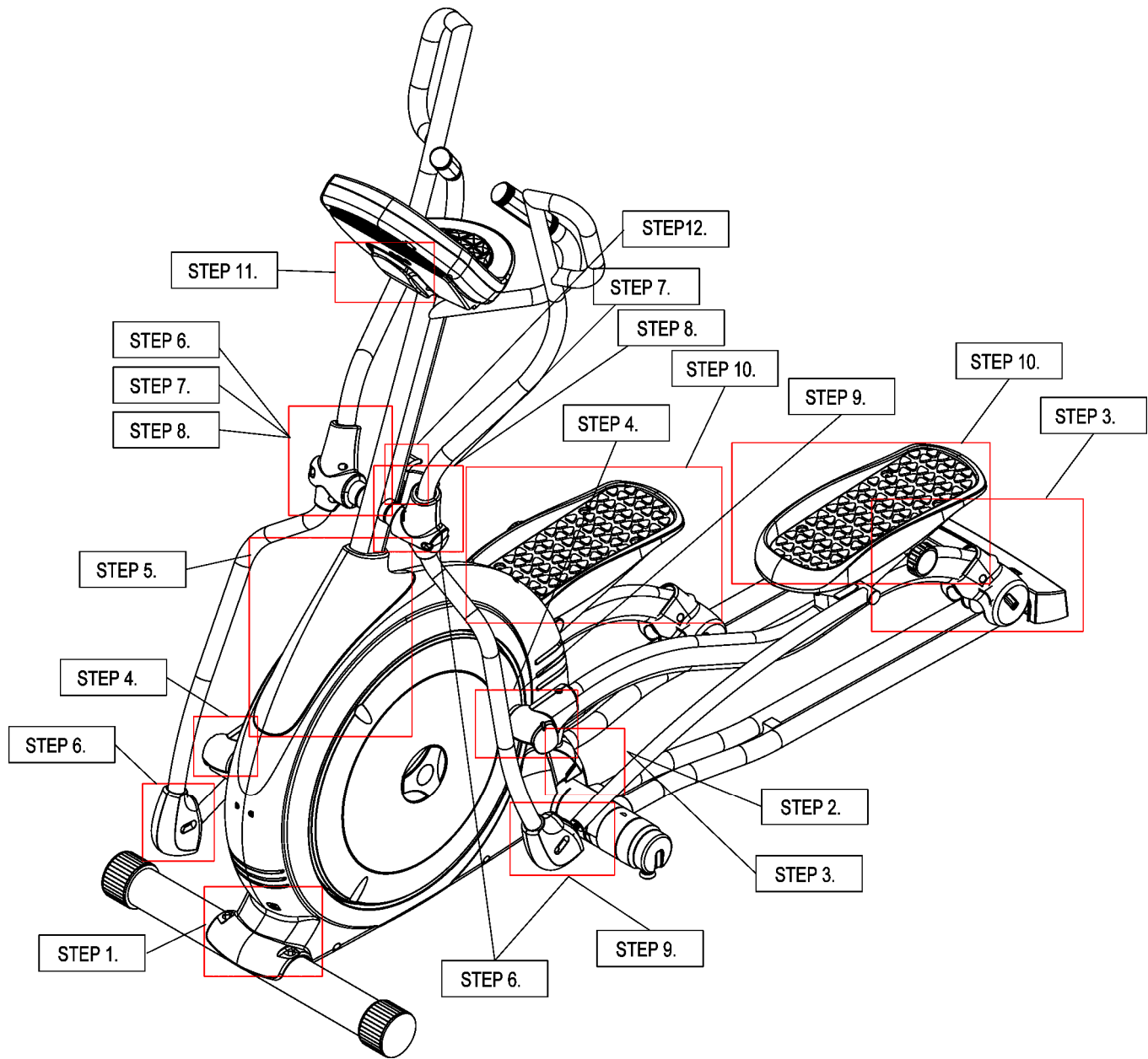
The X8 is self-powered, requiring no external power source. When a user strides at a speed above 20 revolutions per minute (RPM), electricity is generated to allow the console of the Elliptical Trainer to function properly. Because of this self-generating feature, the console feedback will fade away when you cease pedaling.

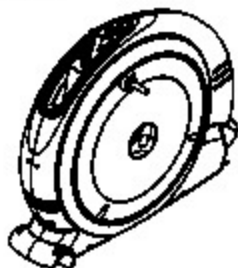
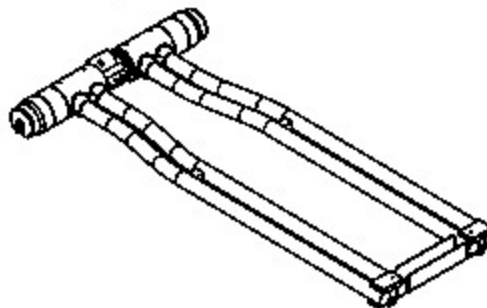
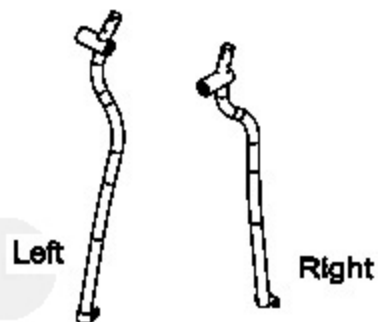
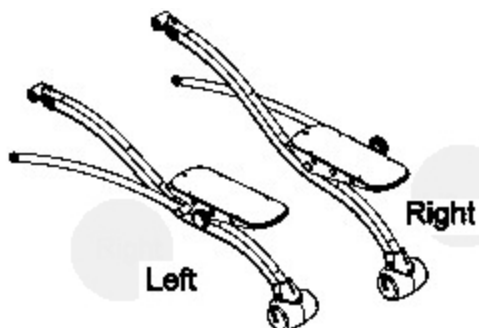
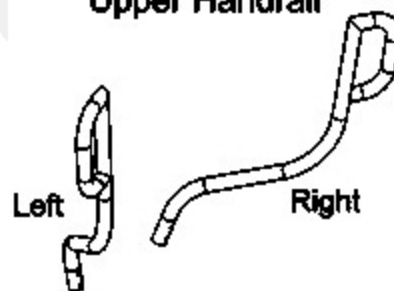
Exercising will recharge the four 1.2V, AA rechargeable batteries installed in the console. If the user exercises for 20 minutes, then stops, and the LED display immediately turns off (within 3 to 5 seconds) it means that the batteries in the console are dead. Replace the batteries with new rechargeable batteries. The battery location is illustrated on Assembly Step 11.

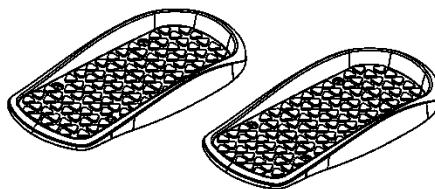
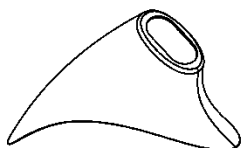
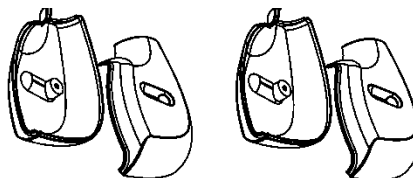
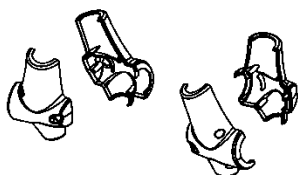
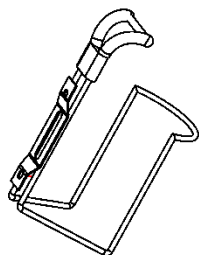
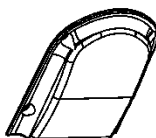
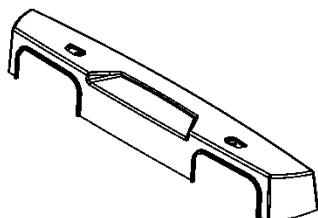
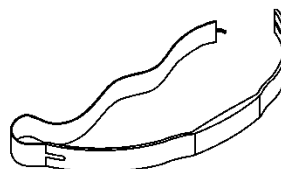
## **CLEANING**

Clean with soap and slightly damp cloth only; never use solvents.

## SECTION 2 – ASSEMBLY INSTRUCTIONS



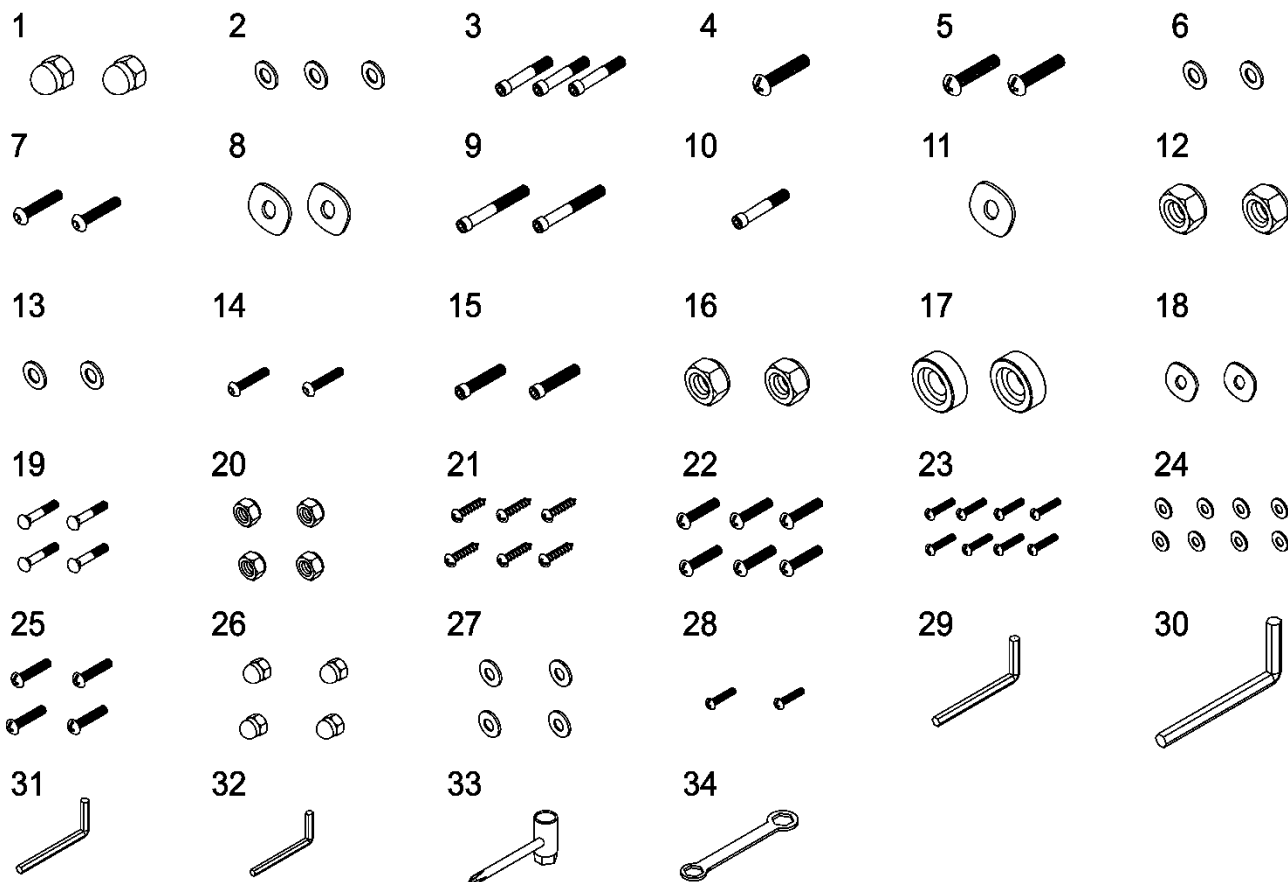
**ASSEMBLY INSTRUCTIONS CONTINUED****Frame****Running Leg Set****Front Lower Tube****Lower Handrails****Pedal Rods****Upper Handrail****Upper Control Tube****Console**

**ASSEMBLY INSTRUCTIONS CONTINUED****Middle Frame Cover****Pedals****Control Tube Cover****Pedal Rod Cover****Handrail Cover****Pedal Cover****Bottle Holder****Computer Cover****Bottle****Rear Running Leg Cover****Heart Rate Belt (wireless pulse emitter)**

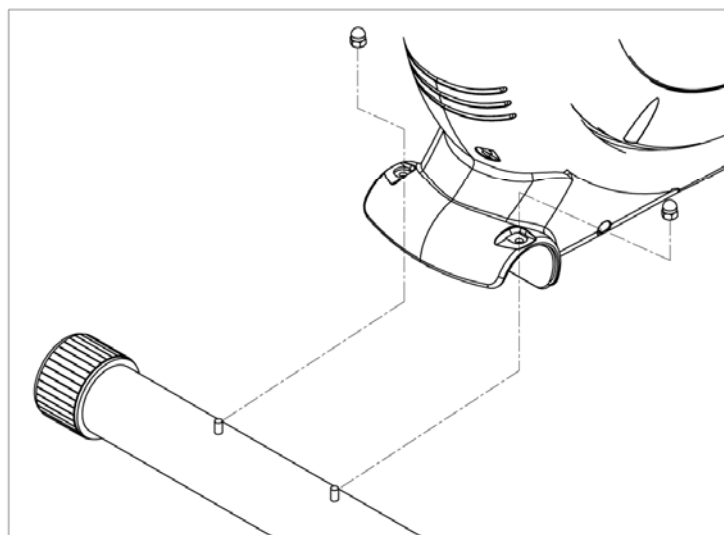
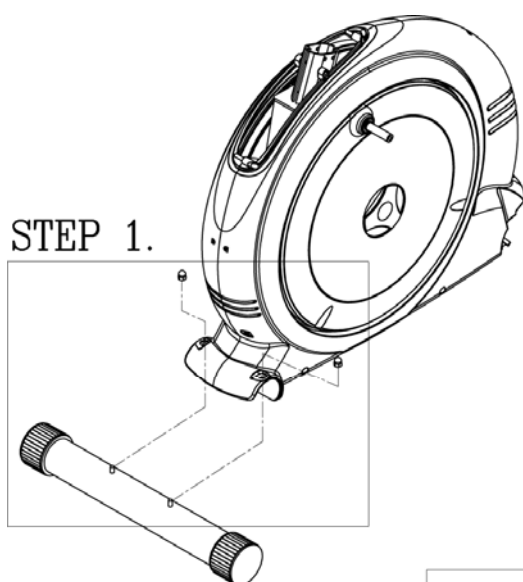


## ASSEMBLY INSTRUCTIONS CONTINUED

STEP	ITEM	Description	QTY	STEP	ITEM	Description	QTY
1	1	Nut M8 (PL item 92)	2	7	19	Bolt M8X45 (PL item 101)	4
2	2	Spring Washer M10 (PL item 90)	3		20	Nylon Nut M8 (PL item 9)	4
	3	Allen Bolt M10X20 (PL item 91)	3	8	21	Screw $\varphi$ 4X16 (PL item 25)	6
3	4	Bolt M5X10 (PL item 24)	1	9	22	Bolt M4X15 (PL item 60)	6
	5	Bolt M4x15 (PL item 60)	2	10	23	Bolt M5X10 (PL item 93)	8
4	6	Washer $\varphi$ 8X $\varphi$ 25X2.0t (PL item 115)	2		24	Flat Washer $\varphi$ 6.5 X $\varphi$ 13 X 1.0t or $\varphi$ 6 X $\varphi$ 13 X 1.0t (PL item 94)	8
	7	Allen Bolt M8X15 (PL item 52)	2	11	25	Bolt M4X8 (PL item 102)	4
	8	Wave Washer $\varphi$ 17X $\varphi$ 24X0.3t (PL item 154)	2		26	Nut M6 (PL item 103)	4
5	9	Allen Bolt M8X60 (PL item 97)	2		27	Flat Washer $\varphi$ 6.5X $\varphi$ 13X1.0t Or $\varphi$ 6X $\varphi$ 13X1.0t (PL item 94)	4
	10	Allen Bolt M8X15 (PL item 98)	1	12	28	Bolt M4X10 (PL item 161)	2
	11	Arc Washer NO.2014 (PL item 99)	1		29	Allen Wrench 150X75(8mm)	1
	12	Nylon Nut M8 (PL item 09)	2		30	Allen Wrench 160X75(10mm)	1
6	13	Washer $\varphi$ 8X $\varphi$ 25X2.0t (PL item 115)	2		31	Allen Wrench 60X40(6mm)	1
	14	Allen Bolt M8X15 (PL item 52)	2		32	Allen Wrench 60X40(5mm)	1
	15	Allen Bolt M12X40 (PL item 95)	2		33	Sleeve Wrench+Screwdriver 10mm+13mm	1
	16	Nylon Nut M12	2		34	Lug Wrench 19mm+13mm	1
	17	Spacer (Handrail Fixing Plastic) (PL item 100)	2				
	18	Wave Washer $\varphi$ 20.7X $\varphi$ 29.1X0.3t	2				

**ASSEMBLY INSTRUCTIONS CONTINUED**


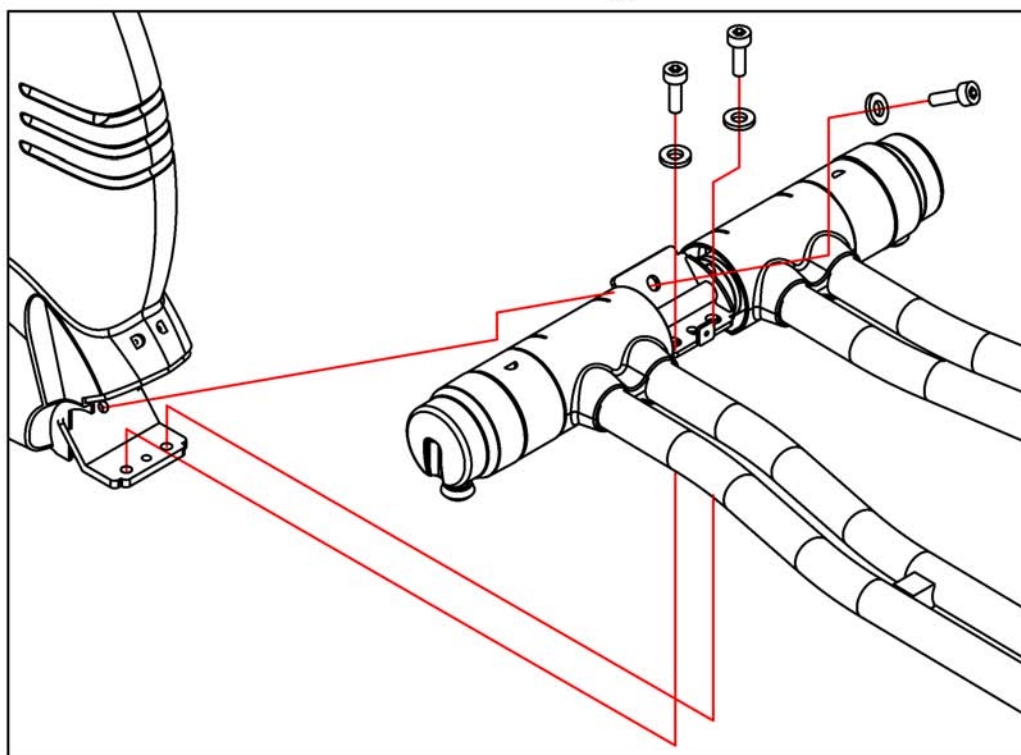
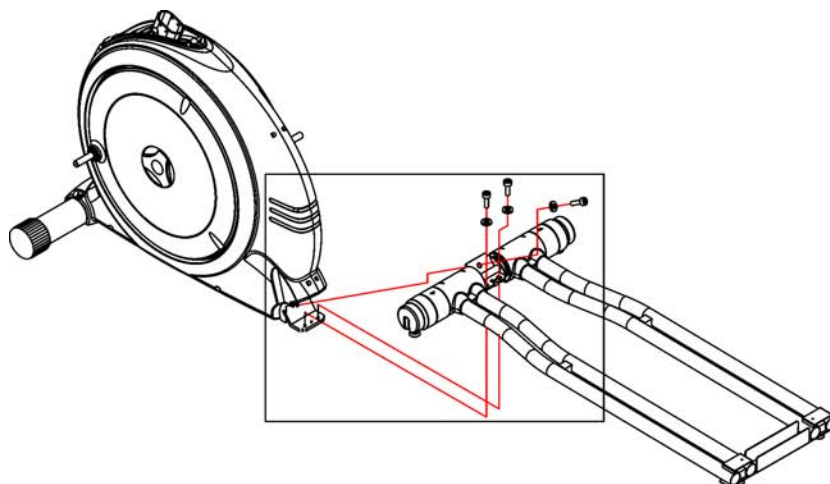
**For safety, it is recommended that a minimum of two people assemble this elliptical trainer.**



STEP 1. Assembly of frame and front lower tube.

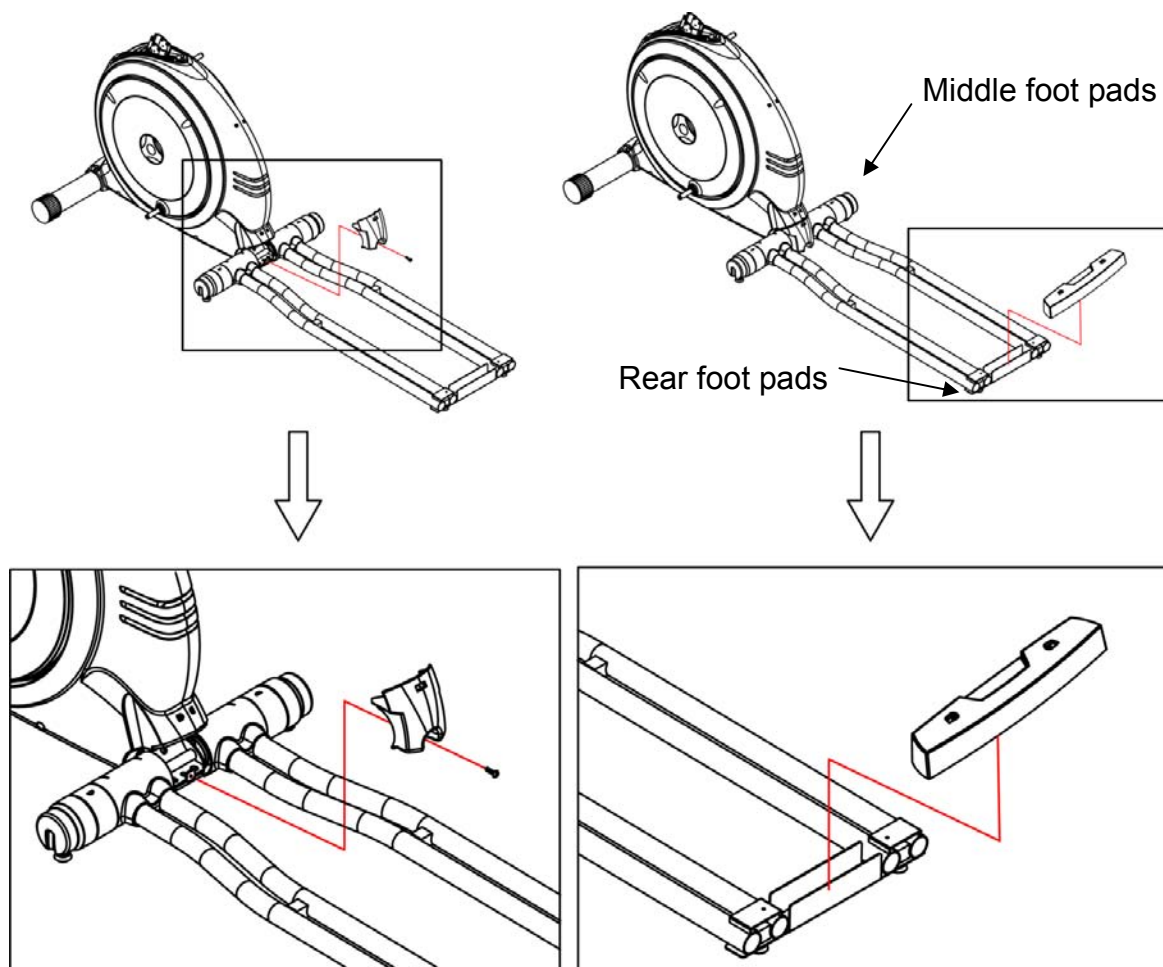
1.1 As required, lift the frame up onto foam or cardboard to assist during assembly.

1.2 Align the bolts in the front lower tube with the holes in the front of the frame. Assemble the frame and front lower tube with M8 acorn nuts as shown in the illustration above.

**ASSEMBLY INSTRUCTIONS CONTINUED**

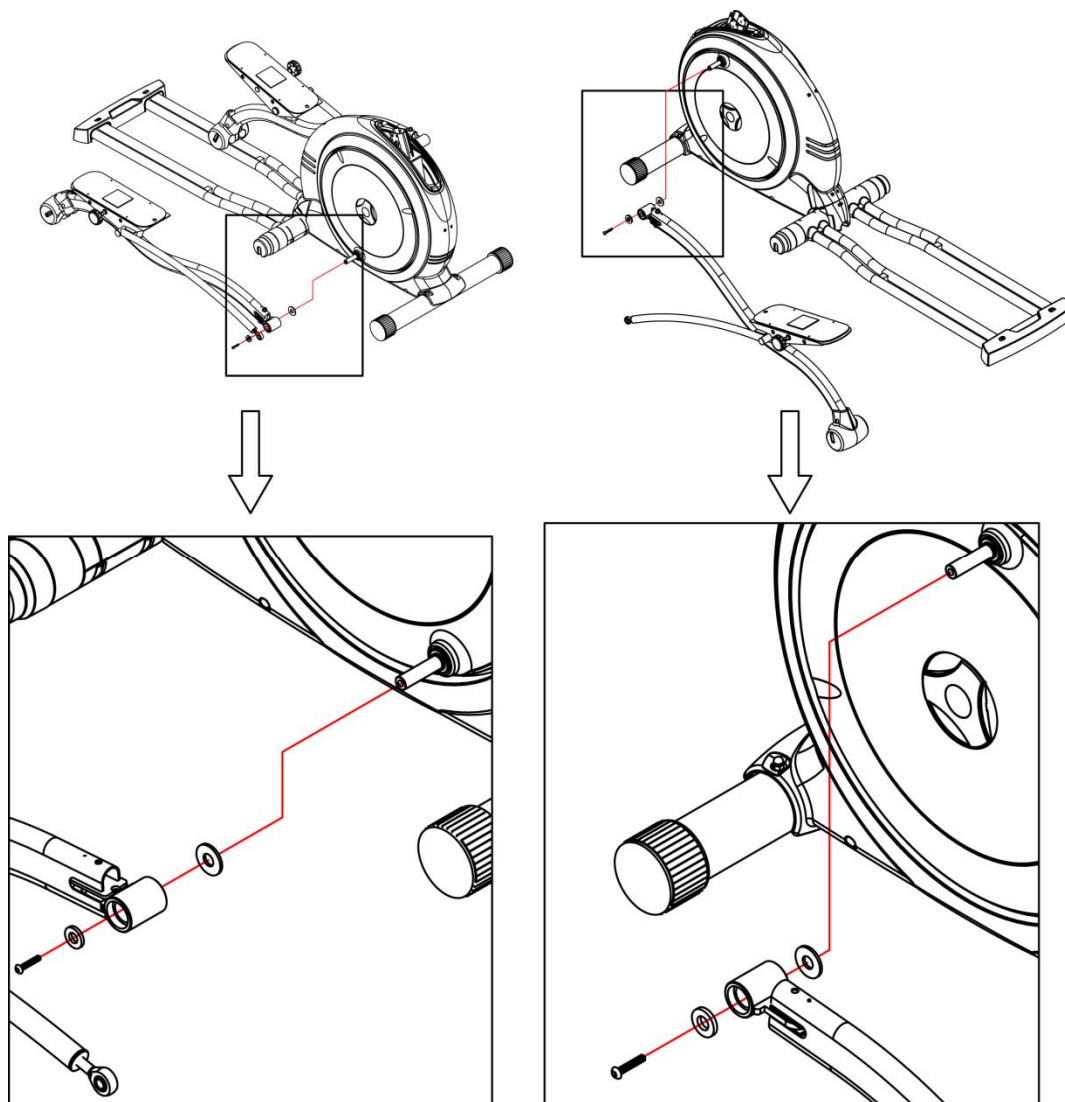
STEP 2. Assembly of frame and running leg set.

1.1 Align the holes in the steel plate of the running legs with the holes at the rear of the frame and attach using M10 washers and M10 bolts as shown.

**ASSEMBLY INSTRUCTIONS CONTINUED**

**STEP 3. Assembly of center frame cover and rear running leg cover.**

- 1.1 Align the hole in the center shroud with the hole in the center of the running leg set and attach with M5 bolt.
- 1.2 Turn the units middle adjustment foot pads until they are lifted above the ground.
- 1.3 Turn the units rear adjustment foot pads so that they contact the floor and the unit does not lean (to the left or right).
- 1.4 Turn the middle foot pads down to the floor. Try to slide a piece of paper under all four foot pads to verify that they all touch the floor.
- 1.5 The unit should not lean to the left or the right and should be stable.
- 1.6 Place the plastic cover on the rear stabilizer tube as shown and attach with bolts.

**ASSEMBLY INSTRUCTIONS CONTINUED**

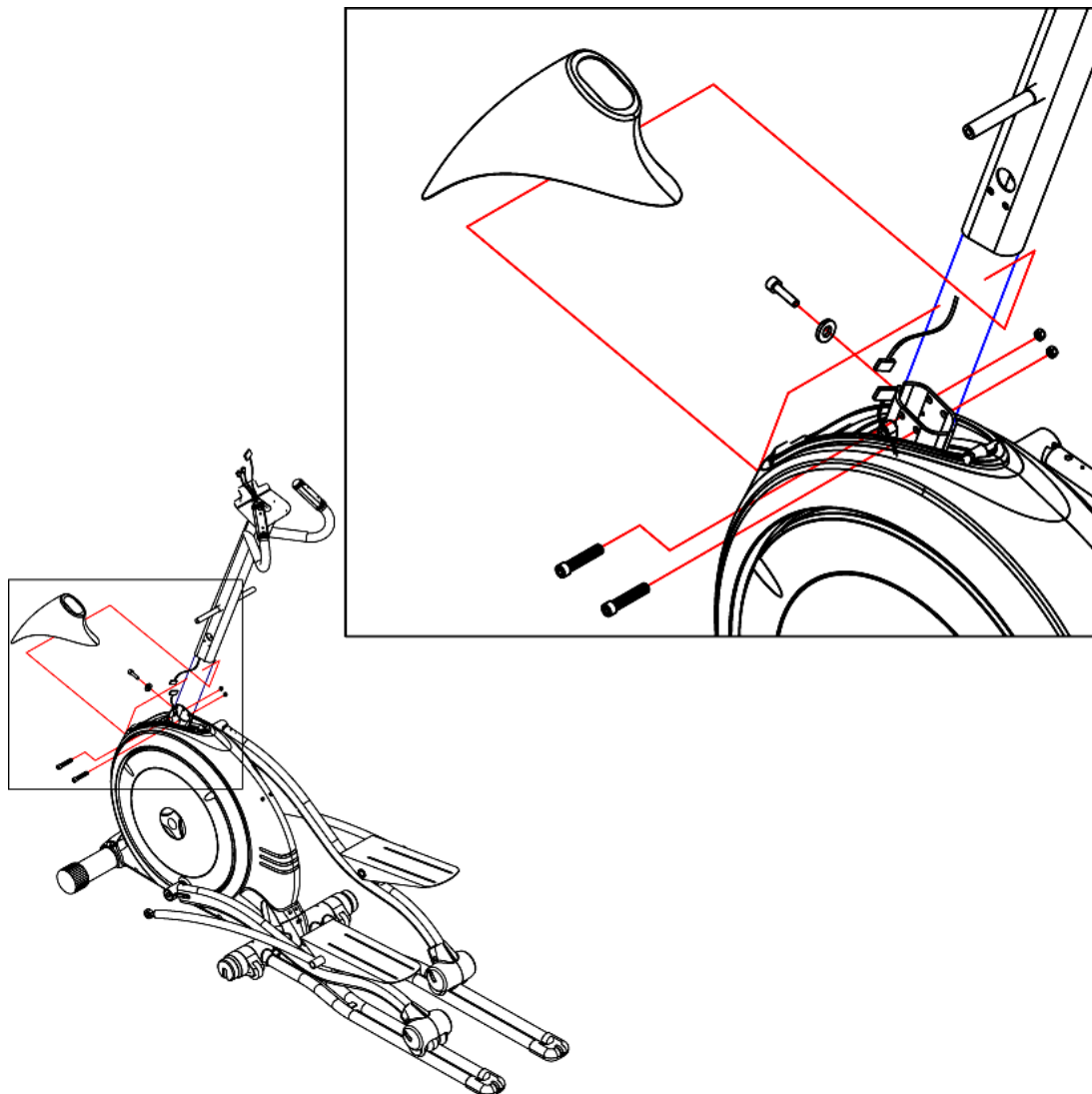
**STEP 4. Assembly of pedal rods and frame.**

1.1 For the left side. Slide the wave washer onto the left crankshaft of the frame.

1.2 One person should hold the left pedal rod.

1.3 A second person slide the left pedal rods steel tube onto the left crankshaft followed by the flat washer and fasten with M8 bolt. Fasten securely to prevent the bolt from loosening.

1.4 Repeat for the right side.

**ASSEMBLY INSTRUCTIONS CONTINUED**

**STEP 5. Assembly of upper control tube and frame.**

- 1.1 Insert the wires and the Upper Control Tube into the Control Tube plastic cover (see photo on next page). Insert the Control Tube into the tube of the Frame.
- 1.2 One person should hold the Upper Control Tube while the other person fastens the two tubes
  - with two M8 bolts and nylon nuts on the side of the steel tube and
  - with one M8 bolt and arc washer in the front of the steel tube.
- 1.3 Align the connectors in the correct direction, and then press them together.
- 1.4 Turn the plastic cover to the correct location and press into place (see photo on next page).

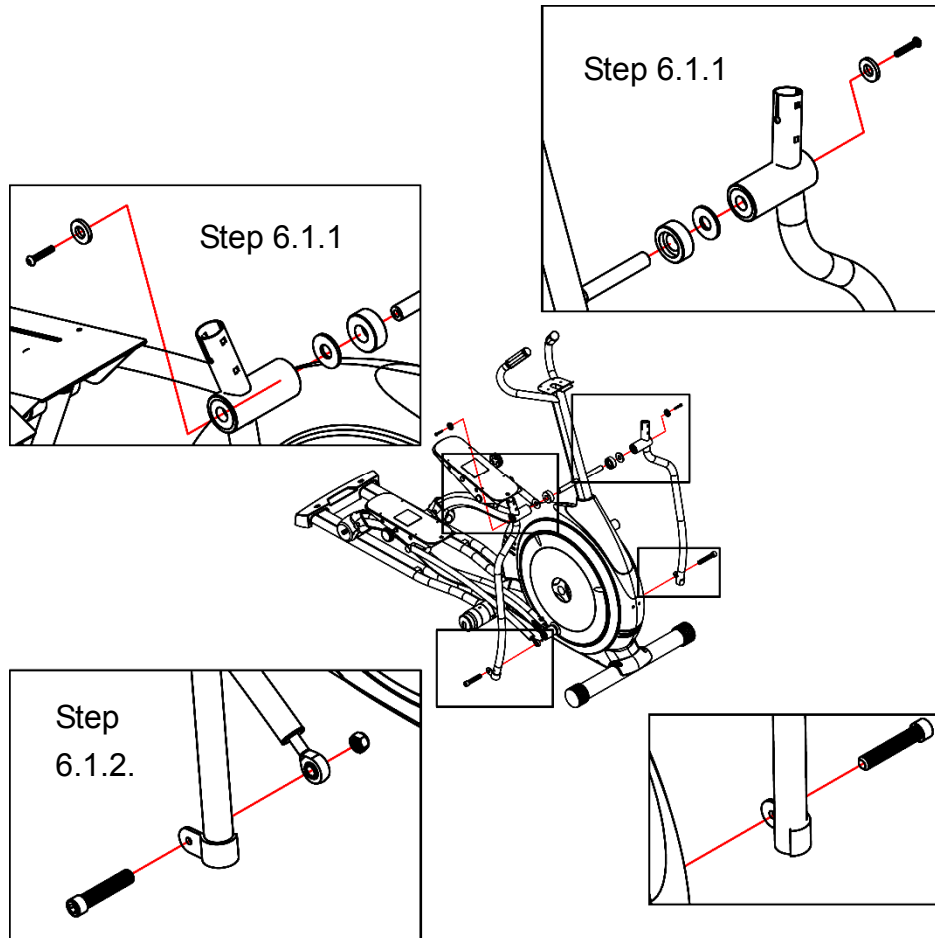
## ASSEMBLY INSTRUCTIONS CONTINUED

### Additional Upper Control Tube Assembly Information

- If necessary, change the direction of the Control Tube plastic cover in order to insert the wire into the tube.
- Turn the plastic cover back into position.
- After tightening the bolts, press the plastic cover into place.





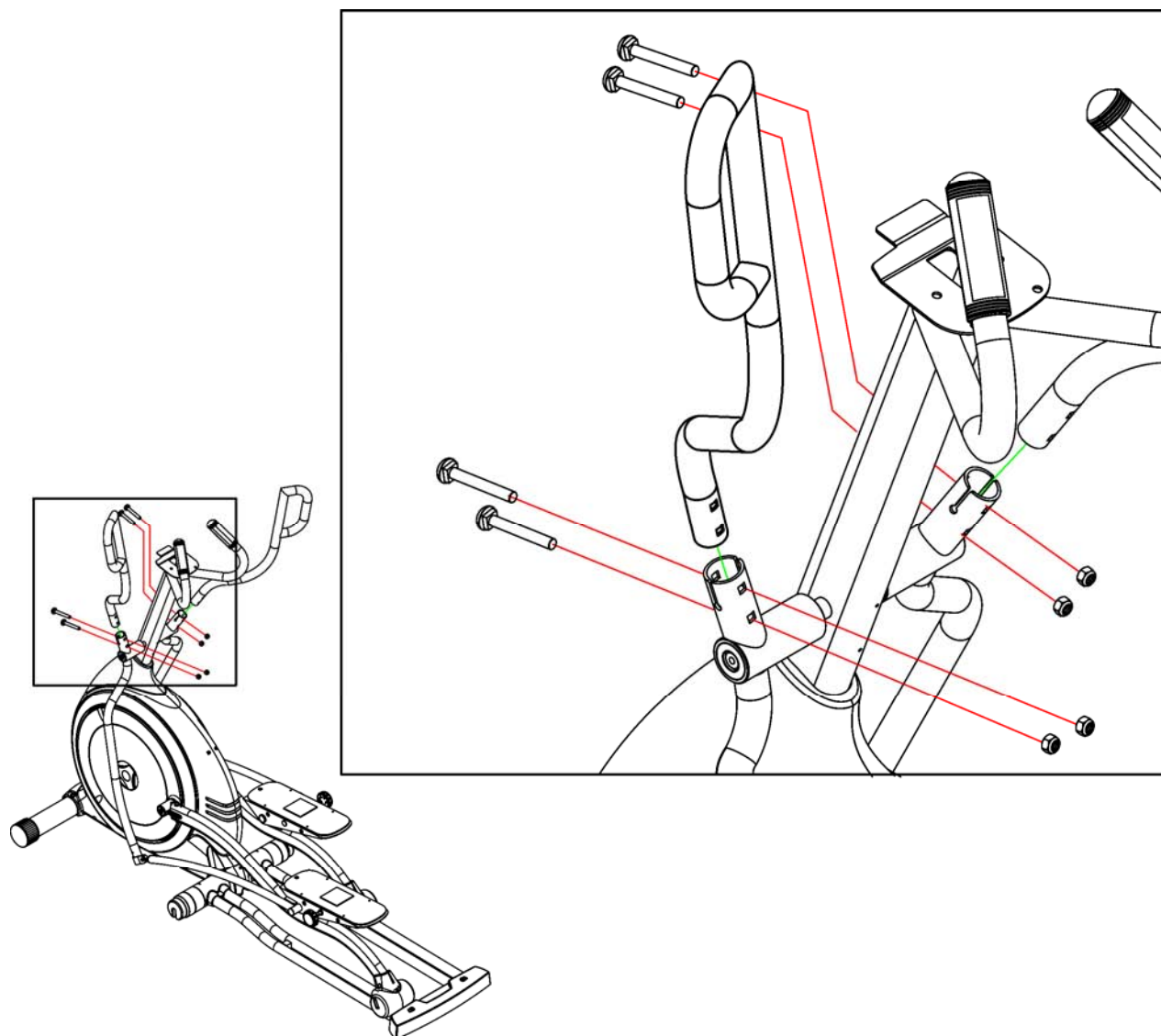
**ASSEMBLY INSTRUCTIONS CONTINUED**

**STEP 6.** Assembly of lower handrails, upper control tube and pedal rods.

**NOTES:**

1. The left and right lower handrails are different. Look for “LEFT” or “RIGHT” labels. Make sure to install them as shown in the illustration above.
2. During assembly, be careful not to bump into any protruding parts.

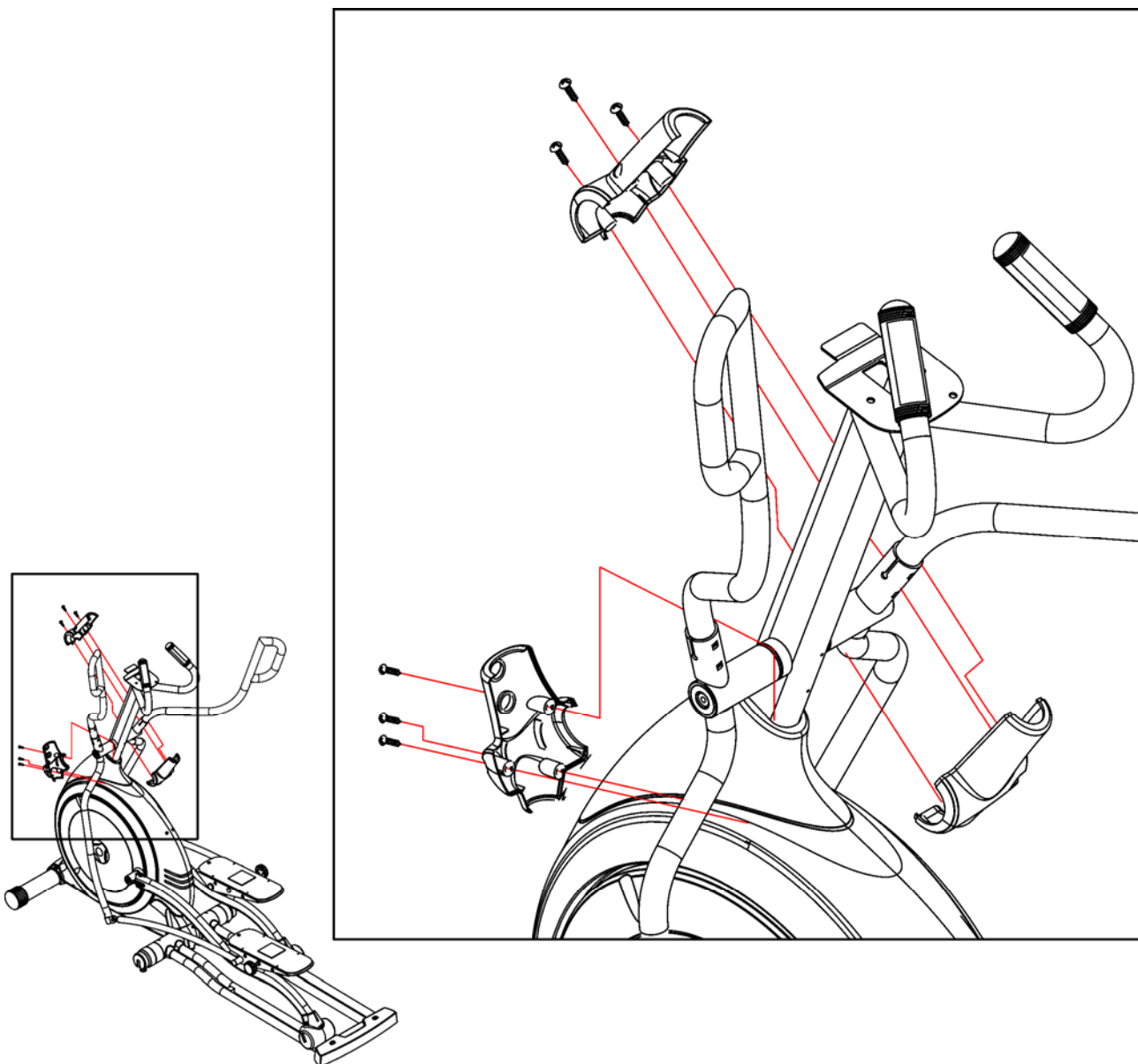
- 1.1 Slide a plastic spacer and a wave washer onto the left horizontal bar. Connect the upper part of the left lower handrail with the horizontal bar on the upper control tube. Fasten with M8 washer and M8 bolt.
- 1.2 Connect the left lower part of the lower handrail with the bearing at the end of the pedal rods. Fasten with M12 nut and M12 bolt.
- 1.3 Repeat for right side.

**ASSEMBLY INSTRUCTIONS CONTINUED**

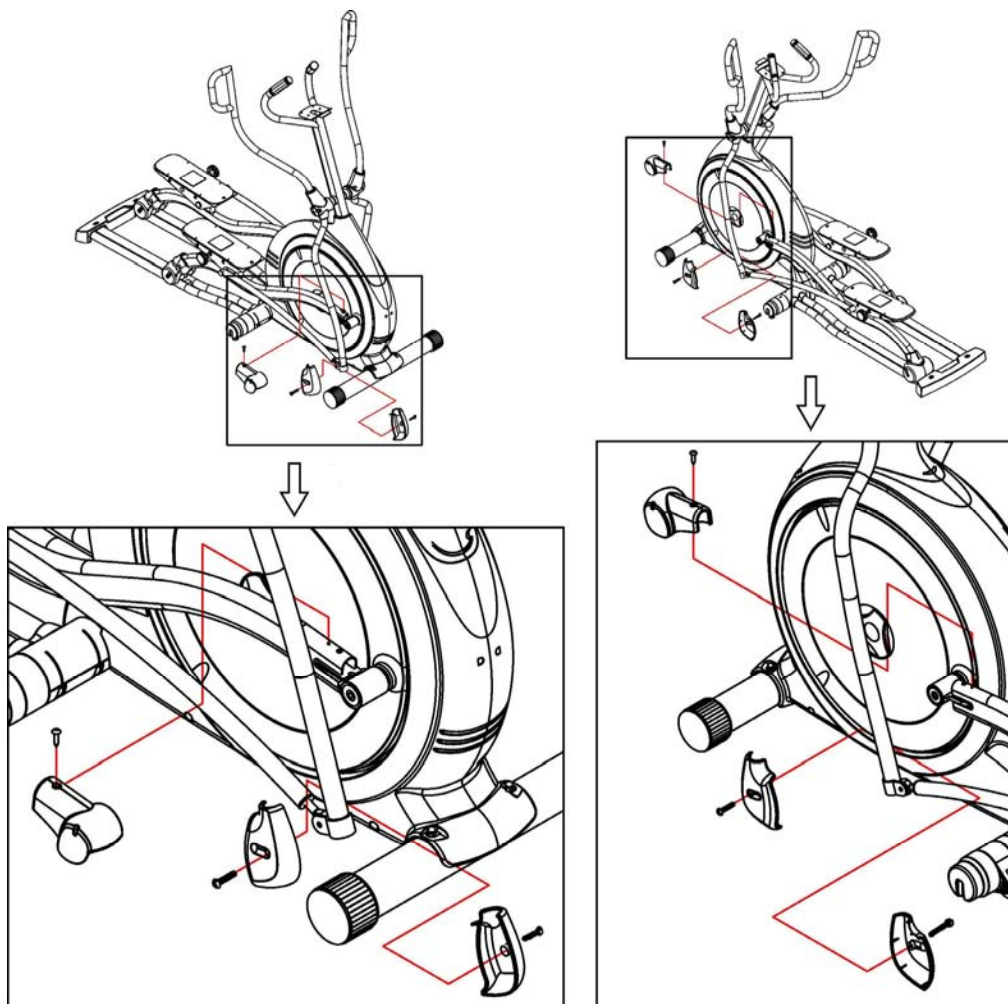
**STEP 7.** Assembly of upper handrail to lower handrail.

**NOTE:** The upper left and right handrails are different. Make sure to install them as shown in the illustration above with the curve outward and rearward.

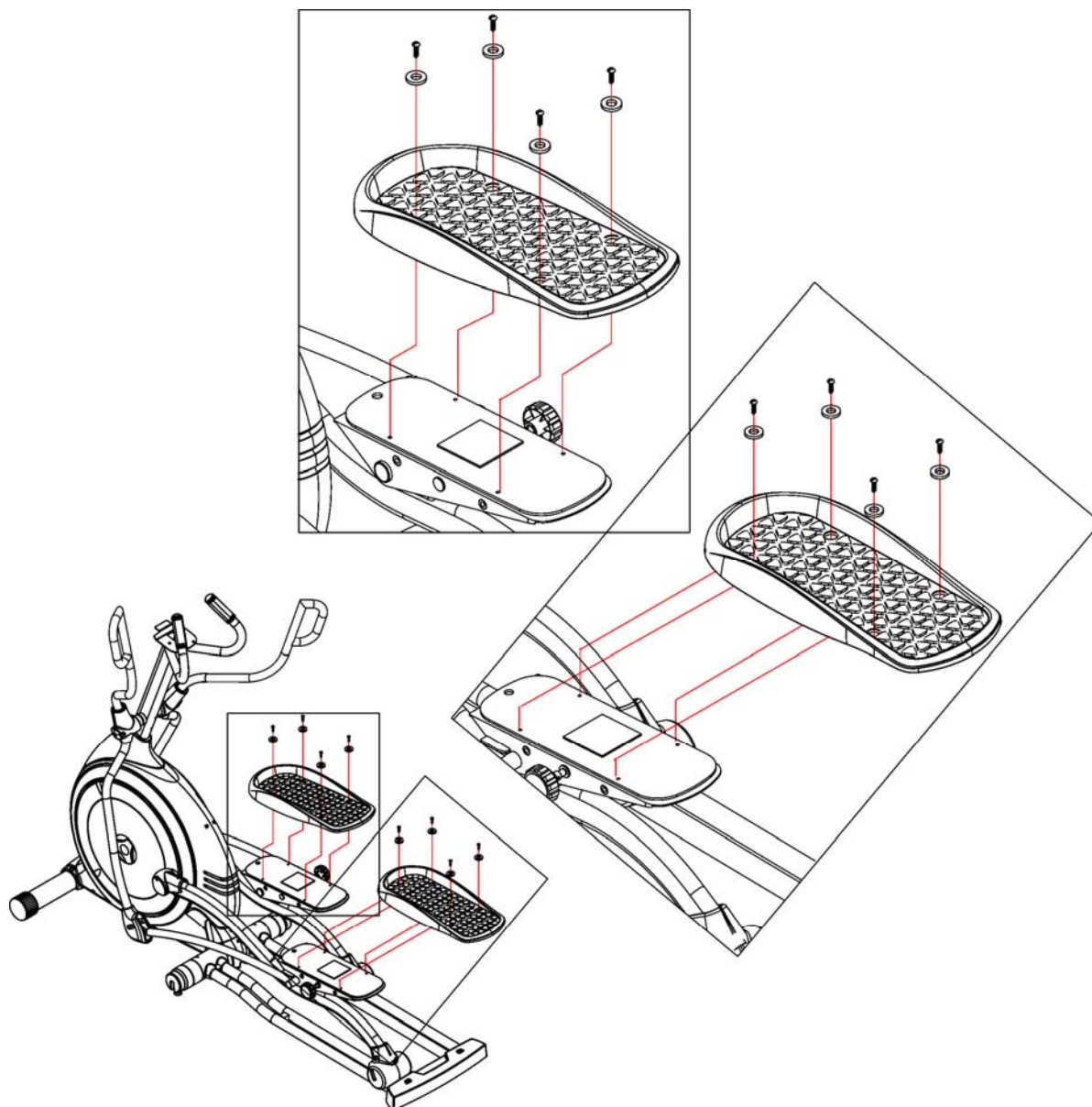
- 1.1 Fit the upper left handrail into lower left handrail; fasten it with M8 nuts and M8 bolts.
- 1.2 Fit the upper right handrail into lower right handrail; fasten it with M8 nuts and M8 bolts.

**ASSEMBLY INSTRUCTIONS CONTINUED****STEP 8. Assembly of handrail covers.**

- 1.1 Place the front left cover and the rear left cover on the horizontal bar and fasten them with M4 screw.
- 1.2 Place the front right cover and the rear right cover on the horizontal bar and fasten them with M4 screw.

**ASSEMBLY INSTRUCTIONS CONTINUED****STEP 9. Assembly of handrail and pedal rods plastic covers.**

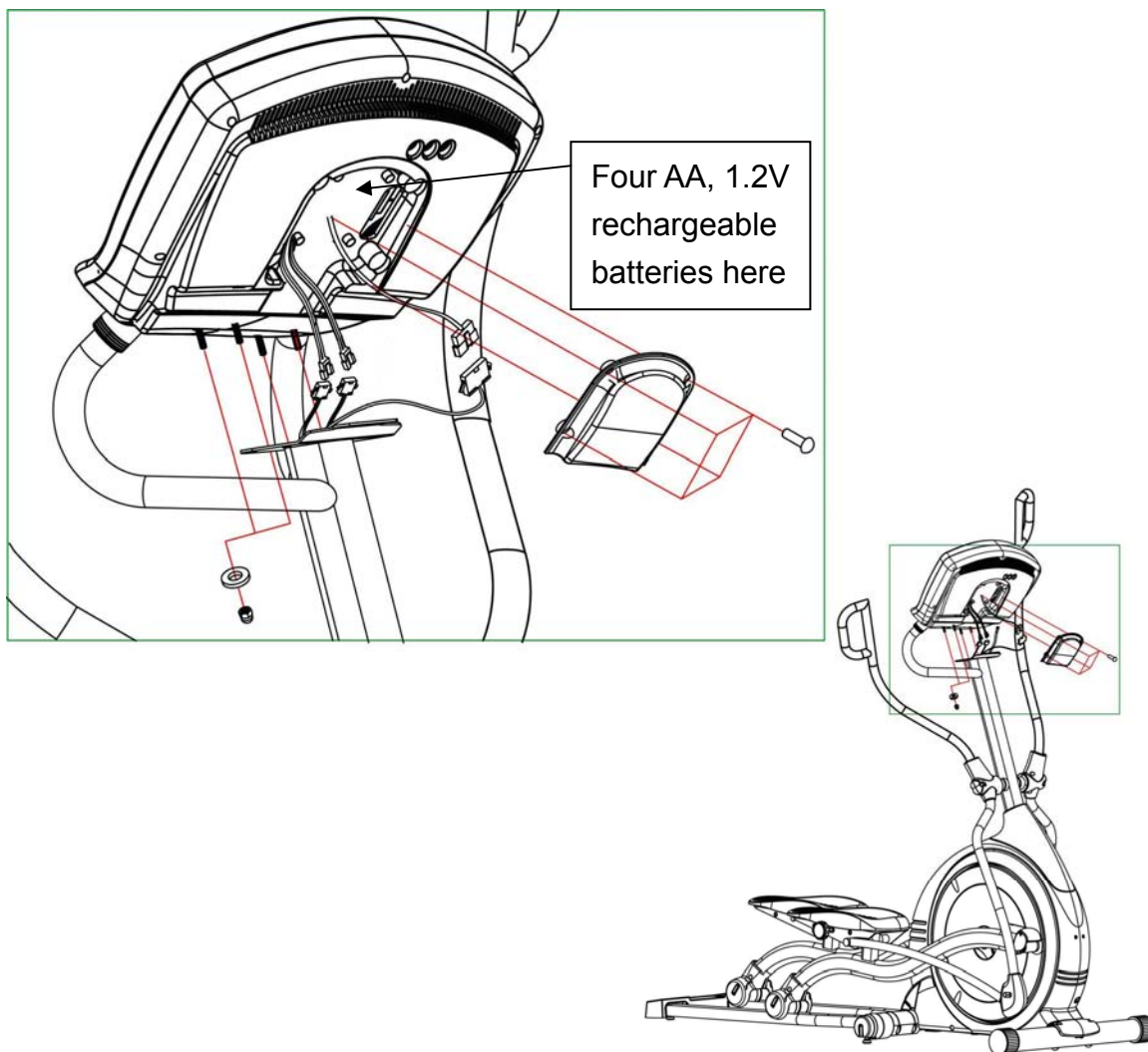
- 1.1 Place the plastic cover on the front top of the left pedal rods, make sure the bolt hole on the plastic and the bolt hole on the steel tube are aligned, then fasten the plastic cover with M4 bolts.
- 1.2 Place the left and right plastic covers on the handrail lower end, and fasten with bolts.
- 1.3 On the other side of the frame, place the plastic cover on the front top of the right pedal rods, make sure the bolt hole on the plastic and the bolt hole on the steel tube are aligned, then fasten the plastic cover with M4 bolts.
- 1.4 Place the left and right plastic cover on the handrail lower end, and fasten with M4 bolts.

**ASSEMBLY INSTRUCTIONS CONTINUED**

**STEP 10.** Assembly of foot pedals to pedal rods base plate.

- 1.1 Make sure the bolt holes on the left foot pedal and left base plate are aligned and fasten them loosely with flat washers and M5 bolts. Fasten again to prevent loosening during use.
- 1.2 Repeat for right side.

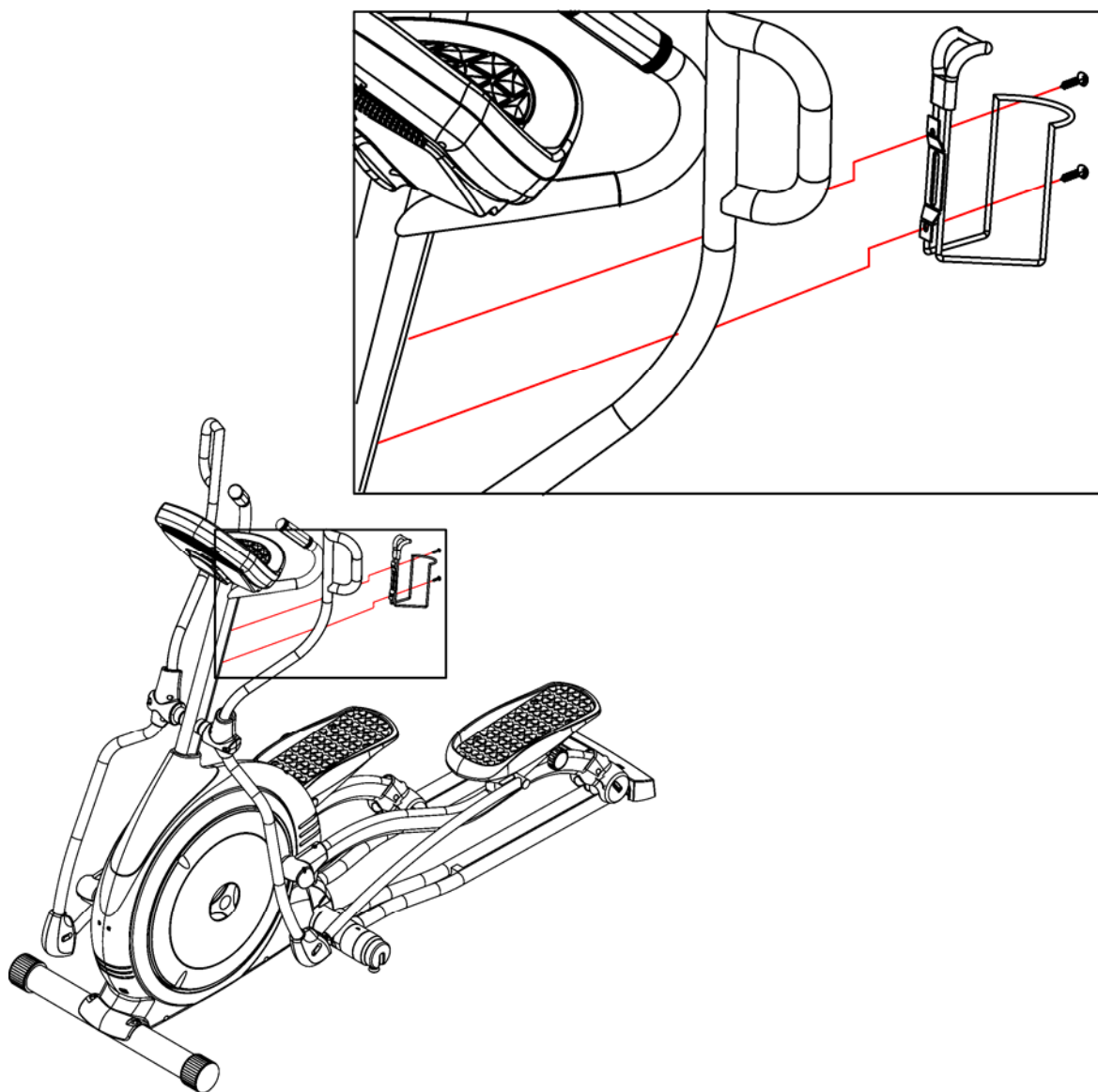


**ASSEMBLY INSTRUCTIONS CONTINUED**

**STEP 11. Assembly of console.**

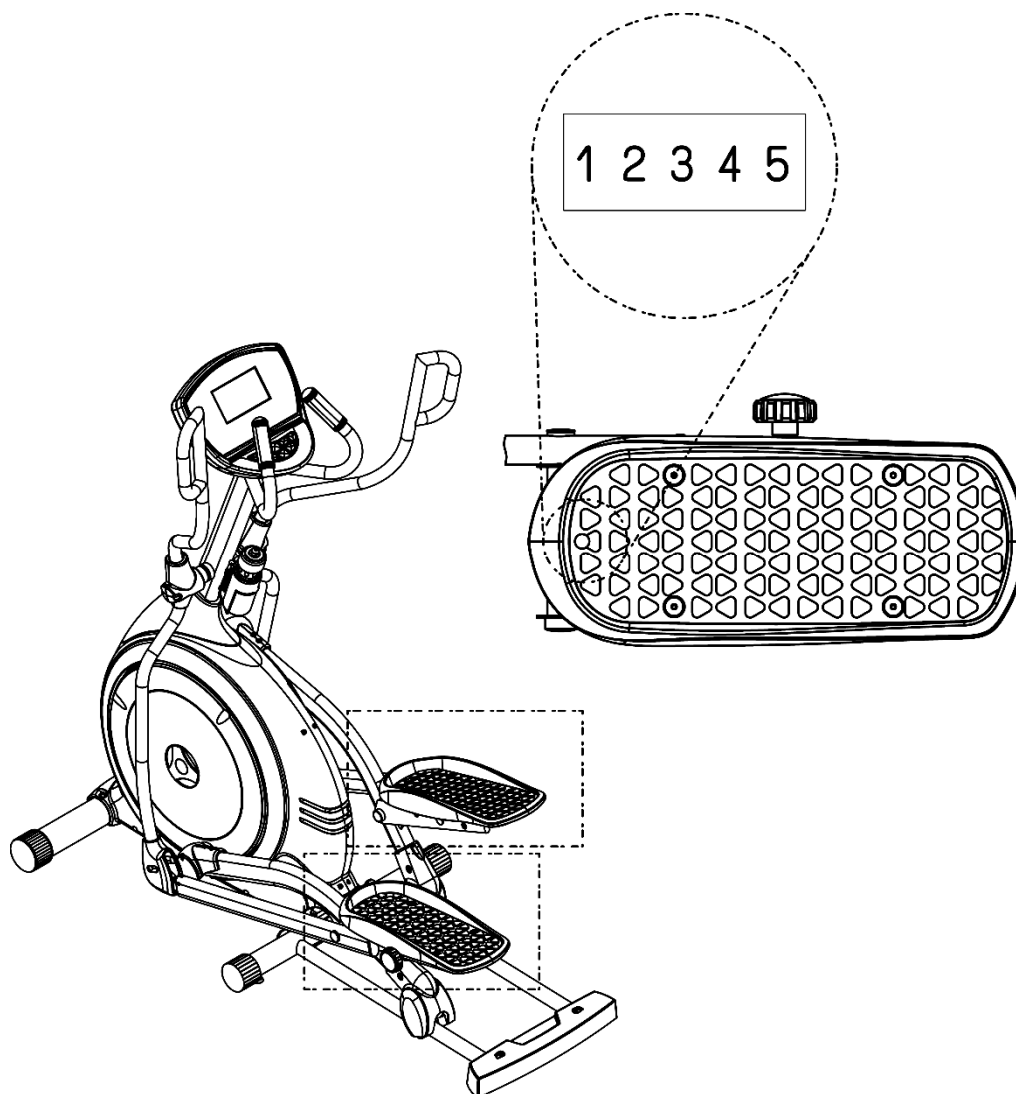
**NOTE:** Be careful not to pinch or damage the cables.

- 1.1 Fasten the console to the top of the mast with the bolts under the console using M6 acorn nuts and flat washers.
- 1.2 Connect the cables.
- 1.3 Fasten the console cover with M4 bolts.

**ASSEMBLY INSTRUCTIONS CONTINUED**

**STEP 12. Assembly of bottle holder.**

**1.1** Place the bottle holder on the mast and fasten with M4 bolts.

**ASSEMBLY INSTRUCTIONS CONTINUED****Step 13****Adjustable Width Technology (AWT)**

AWT allows you to adjust the horizontal distance between the foot pedals. Each pedal has a range of 1~5. You can see the number through a small opening near the top of each pedal.

You can adjust the pedal width with the knob on the side of each pedal. (It is recommended that each pedal be adjusted to the same number.)



## **ASSEMBLY INSTRUCTIONS CONTINUED**

STEP 14. Check and adjust foot pad contact

- 1.1 Try to slide a piece of paper under all four foot pads to verify that they all touch the floor.
- 1.2 If a rear pad is lifted, then lift the middle pad until the rear touches the floor.
- 1.3 Turn the units middle adjustment foot pads so that they contact the floor and the unit does not lean (to the left or right).
- 1.4 Try to slide a piece of paper under all four foot pads to verify that they all touch the floor.
- 1.5 The unit should not lean (to the left or the right) and should be stable prior to use.

## SECTION 3 – COMPUTER CONSOLE



## **Console Display**

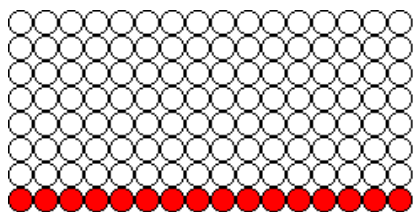
During a workout, the computer console is powered by the energy generated by the pedal motion (self generated). If the unit is not being pedaled, the console will be powered by the four 2A batteries which allow the console to stay on for 2 minutes. The LED backlight will turn off after the first minute of inactivity. Press any key to reactivate and continue exercising. If pedal motion is not detected during the second minute of inactivity, the unit will shut down.

The electricity for the operation of the console is self generated and the LED will light up in 2-3 seconds when you start pedaling without the need of a power adapter or connection to an electrical power supply. The console will display "SET WEIGHT 150 lbs". Press +/- to set the desired weight and press ENTER to confirm. If the console does not receive any response within 2-3 seconds, it will ask you to "PRESS ENTER". You can continue to edit the weight by pressing +/- and pressing 'ENTER' to confirm. If you press "ENTER" without adjusting the weight, the computer console will be set at default 150 lbs.

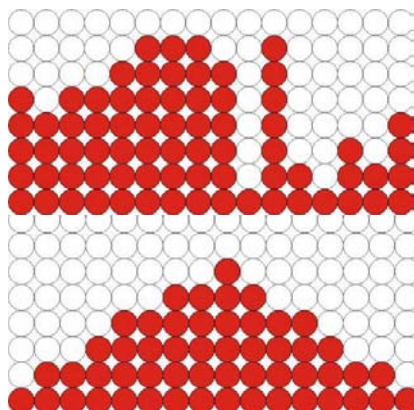
## **SECTION 4 – COMPUTER CONSOLE DESCRIPTIONS**

- A. QUICK/START** - Press the QUICK START button to begin a MANUAL workout without having to set individual information. You can adjust the resistance level with the + / - keys. All values will be set to defaults.
- B. ENTER/SELECT** - Press this button to select and set the function values such as Weight, Workout or Time.
- C. + PLUS and - MINUS** - Press these buttons to change numerical values up or down during setup. During a workout, they are used to change the resistance levels. You can also use these buttons to scroll through the pre-set Program Profiles.
- D. PROGRAM BUTTONS** - Press these buttons to select a pre-set Program Profile directly.
- E. PROGRAM PROFILES DISPLAY** - This window displays the Program Profile and the resistance level of the current workout using a dot matrix display.
- F. CONSOLE LED WINDOW** - This window displays instructions for entering information to customize the Program Profiles such as time, weight, and workout level. The Console LED Window also displays the following information: TIME, DISTANCE, RPM, HEART RATE, WORK LEVEL, WATTS, METS and CALORIES.
- TIME:** The time remaining in a pre-set program or the time elapsed in your workout.
- DISTANCE:** The distance in miles that you have traveled during your workout.
- RPM:** Revolutions per minute of the pedals.
- HEART RATE:** Your heart rate in beats per minute.
- WORK LEVEL:** The current resistance level 1-16.
- WATTS:** The International System unit of power measurement. One watt is roughly equal to 4.2 calories per hour or 6 kilogram-meters per minute.
- METS:** Unit of energy expenditure. 1 MET equals 3.5ml/kg/min., which is the amount of oxygen that a person needs while at rest.
- CALORIES:** The number of calories burned during your workout. When you use the heart rate sensors, the display will automatically show your heart rate instead of calories.
- G. RESET** - Press and release this button quickly to reset the currently displayed value to the default value. Press this button for 2-3 seconds to stop and end the program before its time has finished.
- H. DISPLAY SHIFT** - Press this key to shift the Console LED Window display between the top and bottom rows. If heart rate data is being displayed it will override calorie display.

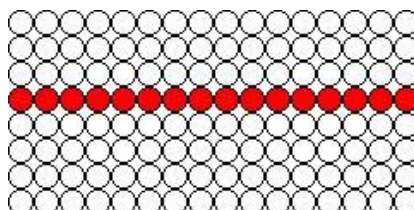
## SECTION 5 – PROGRAM PROFILES



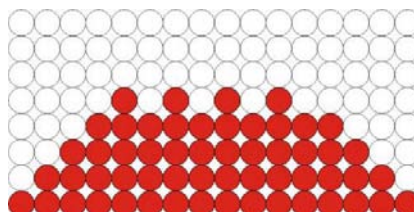
**MANUAL** is the default program. Resistance is at a fixed level through all segments, but can be adjusted up or down if desired. By increasing the resistance you can increase your heart rate and burn more calories.



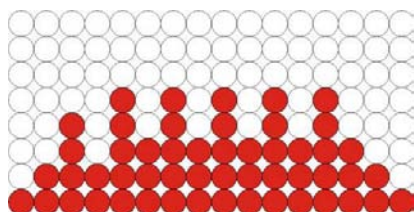
**RANDOM** The random program will change the resistance level to vary your workout intensity. The variety of the random program will keep you on your toes as to what is coming next.



**CARDIOVASCULAR** The Cardiovascular program uses a slow gradual increase in intensity to raise your heart rate to a peak and then matching the slow decline to bring your heart rate back down.



**HEART RATE CONTROL** The HRC program will vary workout intensity based on the entered target heart rate and the users actual heart rate. Enter in your target heart rate and hold the contact heart rate bars while you workout to ensure accuracy in heart rate readings.



**WEIGHT LOSS** targets stored body fat. Used at a slightly lower resistance level, but runs for longer durations than other programs.

**HILL INTERVALS** strengthens your cardiovascular system by alternating work intervals and recovery intervals.

## **SECTION 6 – MAKING ENTRIES**

**NOTE:** There is no ON/OFF button. The display will automatically turn on after approximately 2-3 seconds of pedal movement. If you stop pedaling, the display will automatically turn off. You will hear a confirmation “Beep” when you press any key.

### **QUICK/START (Manual Mode)**

The quickest way to begin exercising is to press the QUICK/START button. This will start the MANUAL program by default. You can adjust the resistance level with the + / - keys. All values will be set to default values. The timer will count up from 0 to 99 minutes.

### **ENTERING WEIGHT**

When prompted by the Console LED Window to enter your weight, use the + / - buttons to adjust the display to your current weight. Press ENTER/SELECT to accept. Entering your weight is required for accurate display of Calorie and MET information. The range is 30 lbs – 400 lbs.

### **SELECTING A WORKOUT**

Each program has its own button. Press the button of the program you wish to use. Press ENTER/SELECT to accept. You can also use the + / - buttons to scroll through the programs and preview the Program Profiles for each.

### **SET LEVEL**

When prompted by the Console LED Window to enter the level, press the + / - buttons to adjust the resistance level if you wish. Press ENTER/SELECT to accept. You can choose from 16 levels of resistance in each program.

### **SET TIME**

When prompted by the Console LED Window to enter the time of your workout, use the + / - buttons to adjust the time if you wish. Press ENTER/SELECT to accept.

### **SET HR**

Use the formula on page 31 to calculate your heart rate. When prompted by the Console LED Window to enter your target heart rate, use the + / - buttons to adjust the display to your target heart rate. The range is 40-220 beats per minute. The Heart Rate Control program will use your target heart rate in place of the resistance level. The HRC program uses the predicted maximum heart rate formula (220 minus your age for men, 226 for women) to determine your maximum heart rate. Your target heart rate will be a percentage of the maximum heart rate depending on the type of workout you want. Some people have higher or

## **MAKING ENTRIES CONTINUED**

lower target heart rates than determined by this formula.

## **SECTION 7 – PROGRAM MODE**

1. Enter your weight.
2. Select a workout.
3. Set level. If you press Quick/Start instead of Enter/Select after setting the level, the timer will count UP from 0 to 99 minutes. Each segment (1-16) will be one minute in length. You can change the resistance level during your exercise by pressing the + or - buttons.
4. Set time. If you set the time, the timer will count DOWN. At three seconds you will hear three beeps letting you know the timed exercise is finished. Each segment (1-16) length will be determined by the time you set divided by 16.
5. Press Quick/Start to begin exercising.

## **SECTION 8 – HR CONTROL MODE (Use the included chest strap)**

NOTE: If pulse is not detected (through the chest strap, not heart rate grips) within 60 seconds, the HRC program will end automatically.

1. Before starting to exercise use the Heart Rate calculations on page 31. Do not exceed 85% of your maximum heart rate.
2. Enter your weight.
3. Select HRC workout.
4. Enter your age and the program will calculate your target heart rate. Press Enter.
5. The screen will display the default percentage of your maximum heart rate (55%). Press + – to select 55%, 70%, 80% or Set HR (Heart Rate). Press Enter.
6. Set time. If you set the time, the timer will count DOWN. Each segment (1-16) length will be determined by the time you set divided by 16.
7. SET HR allows you to enter your target pulse rate manually. Press + – to edit the value. The range is 40-220 BPM. Press Quick/Start to begin exercising.
8. You must use the included chest strap for this program to work properly. The program will start with a WARM UP for 2 minutes. The time will count up until the HRC and Target HR are within 5-10 beats of each other. The Console LED Window will then display BEGINNING HR and the HRC program will begin.
9. At the end of the HRC program, there will be a COOL DOWN period to allow your HR to gradually return to normal.



## **SECTION 9 – TARGET HEART RATE CALCULATION**

**NOTE:** This is not a medical appliance and therefore the heart/pulse rate shown is merely for guideline purposes. Stop exercising before you exceed 85% of your maximum heart rate. The calculation is explained below.

The Heart rate can be measured by using a telemetric chest band (such as the POLAR T41 Transmitter) or the handlebar hand grips.

Before beginning to exercise, calculate your maximum heart rate. The maximum number of heartbeats that a person must not exceed is referred to as the maximum heart rate and this value drops with age. A simple formula to calculate this is to subtract your age, in years from the number 220. To ensure that you are exercising correctly, try to keep between 65% and 85% of your maximum heart rate value.

For example, the maximum heart rate that a 30 year old user must not exceed is:

$220 - 30 = 190$  beats per minute (BPM).

$190 \times 0.65 = 123$  heart beats per minute.

$190 \times 0.85 = 161$  heart beats per minute.

So the heart rate exercise range for a 30 year old is between 123 and 161 heart beats per minute (BPM). Do not exceed 161 BPM (85% of your maximum heart rate).

<b>Ideal For</b>	<b>Benefit Desired</b>	<b>Intensity Level (% Max heart rate)</b>
Light Exercise	Maintain Healthy Heart/Get Fit	50% - 60%
Weight Management	Lose Weight/ Burn Fat	60% - 70%
Aerobic Base Building	Increase Stamina/Aerobic Endurance	70% - 80%
Optimal Conditioning	Maintain Excellent Fitness Condition	80% - 85%